No. 1

KEEPING FIT

A HEALTH EXHIBIT FOR MEN AND BOYS

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IN CO-OPERATION WITH THE AMERICAN SOCIAL HYGIENE ASSOCIATION
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Are You Fit?

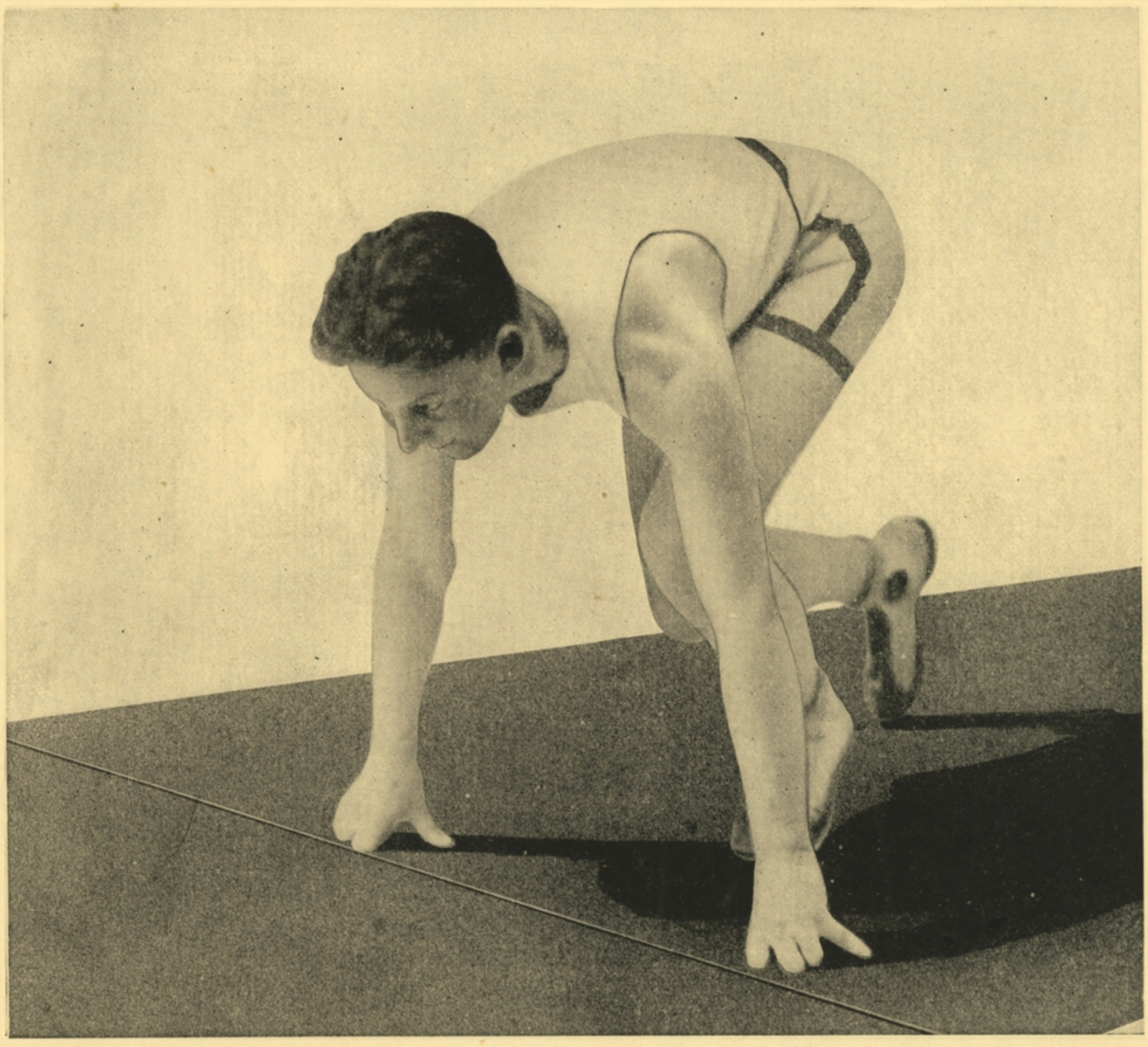
Can you walk 20 miles in a day?

Can you work an 8-hour day in the field?

Can you "chin yourself" 8 times?

Can you run 100 yards in 12 seconds?

What Fitness Demands



1. Muscular Strength
2. Endurance
3. Energy
4. Will Power
5. Courage
6. Self-Control

How Long Should One Train?

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The Athlete Trains for a Game or Season

To <u>Keep</u> Fit, a man must observe the proper Training Rules

ALL the TIME

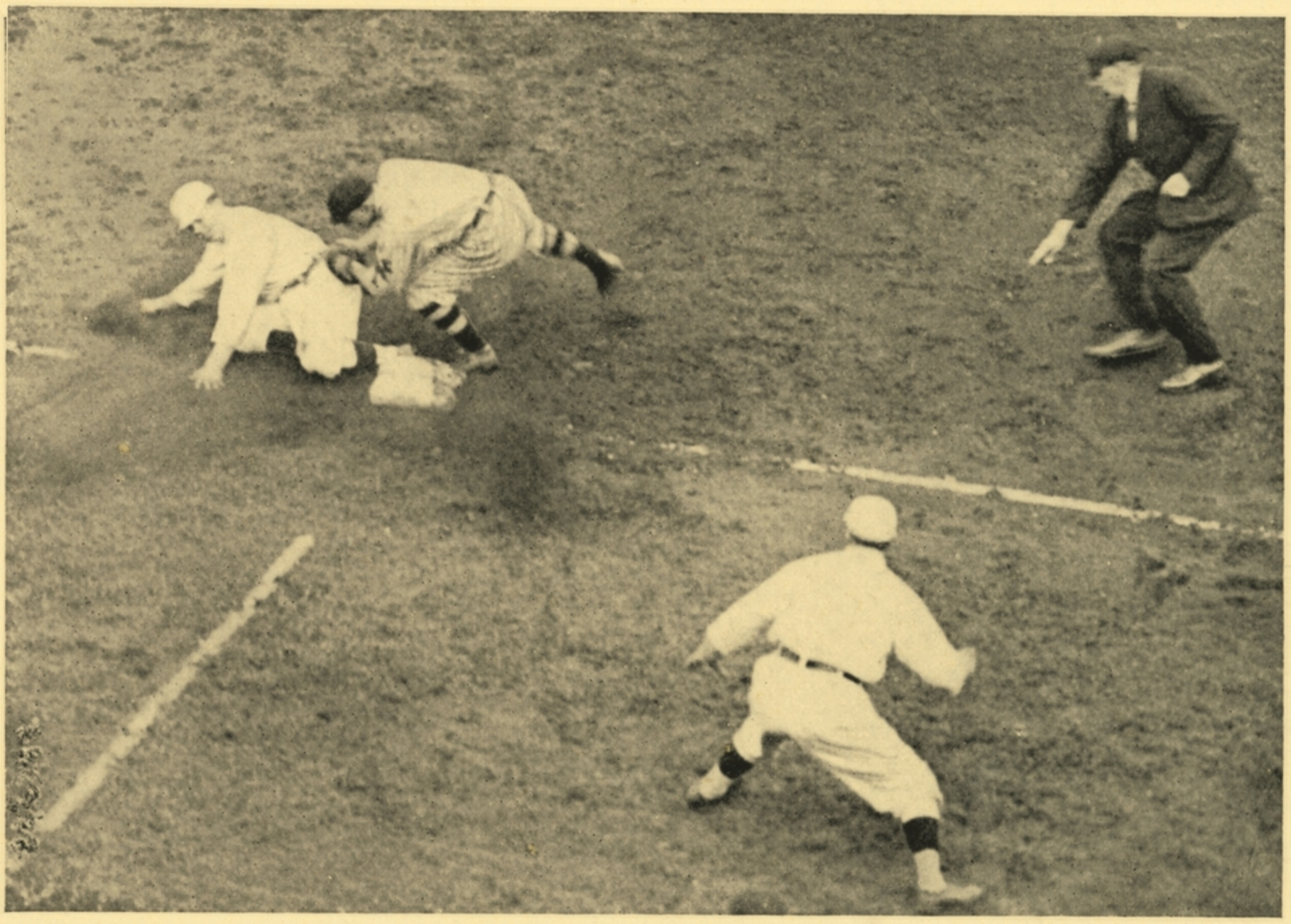
Training Rules

Copyright, International Film Service

Keep fit for athletics, study, business, and all of life's tasks by adopting these rules:

1. Exercise and play wisely
2. Eat wholesome food
3. Get all the fresh air possible
4. Get sufficient sleep
5. Keep clean

"Get in the Game"



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Hiking Baseball

Tennis Skating

Swimming Soccer

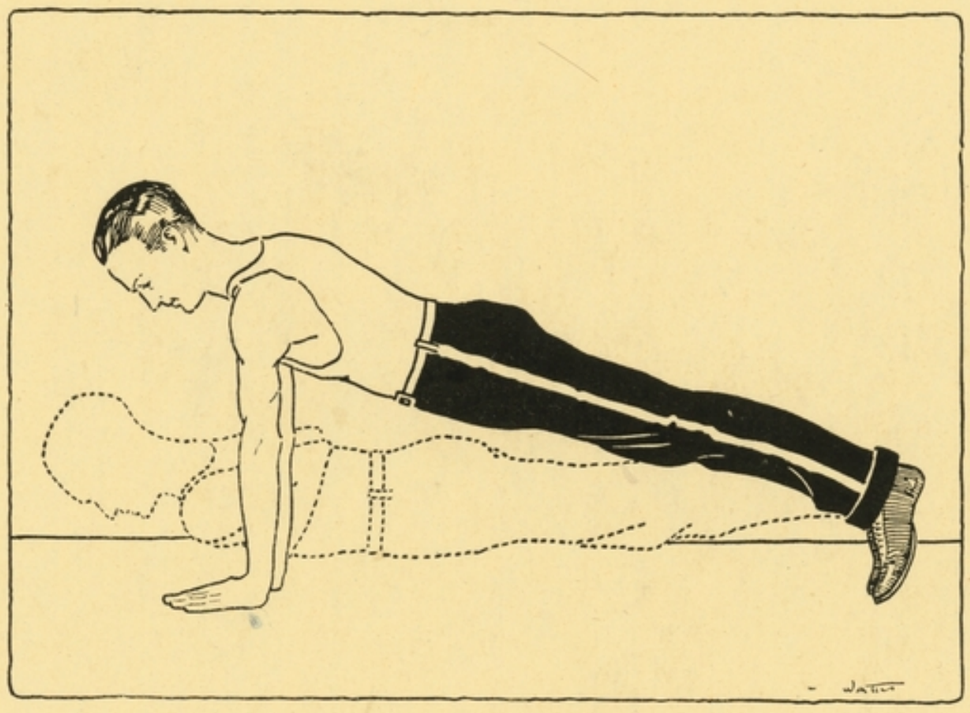
Volley Ball Foot Ball

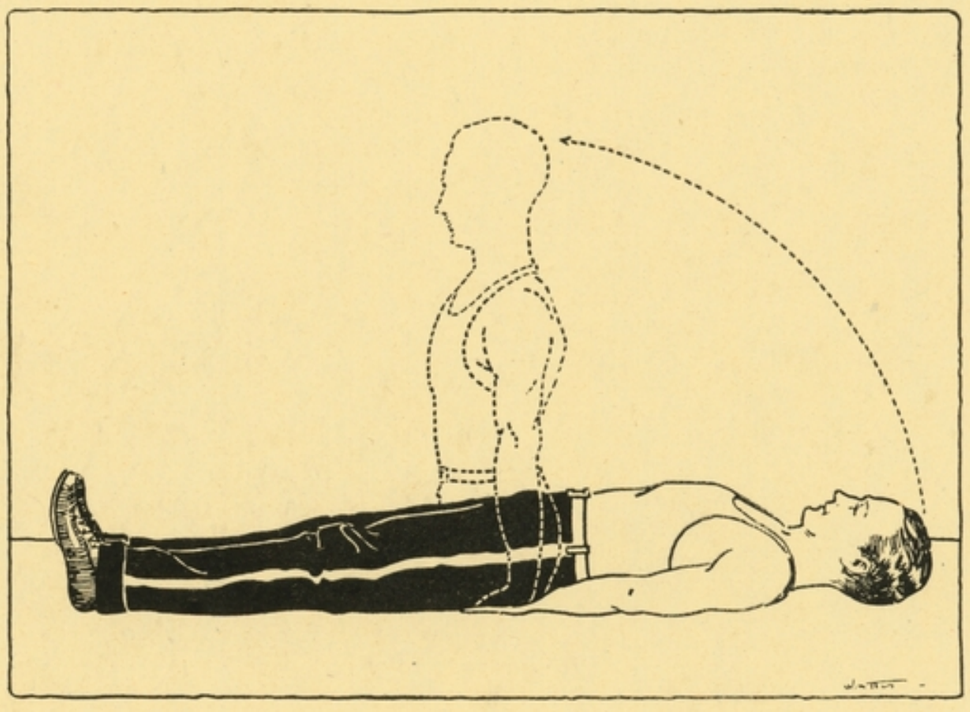
are among the most enjoyable sports

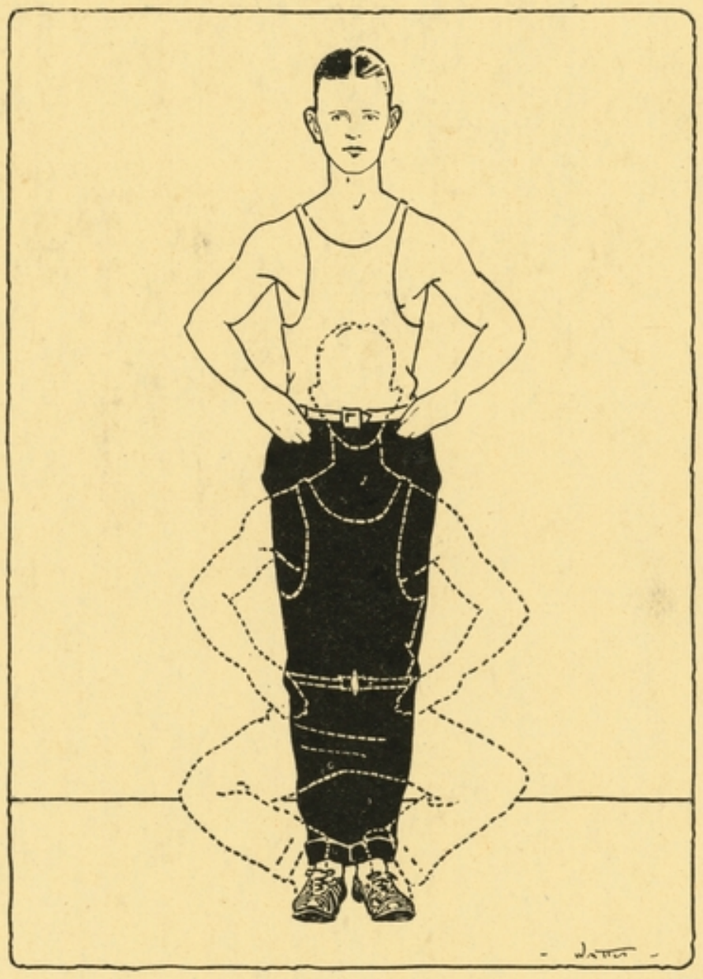
Exercise Your Body by Doing Useful Work

Chopping wood, gardening, mowing lawn, shoveling snow, are a few good home exercises

Exercise Upon Arising







A few of the many exercises a boy may take in his room

Exercise before an open window. Follow with a sponge bath or a shower and a brisk rub with a coarse towel

Stand Tall

Sit, walk and stand properly

Correct posture is attractive. It stands for self-respect and self-confidence. It aids digestion

Keep the neck pressed back against the collar

Bathe Often

Equipment everyone can afford

Equipment everyone can hope to use

How to Bathe

1. Warm water and soap 3 minutes
2. Cold water about $^1/_2$ minute
3. Rub down with coarse towel 4 minutes

A pleasant reaction, a sensation of warmth and a feeling of general well-being should always follow the bath

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Daily bathing, frequent washing of the face with soap and water, and drying with a clean towel will help prevent but not cure pimples. Pimples do not indicate any serious defect. If they cause inconvenience the family physician may be consulted

Eat Wholesome Food

1. Eat fresh vegetables, cereals, bread and butter, eggs, fruit and a little meat or fish

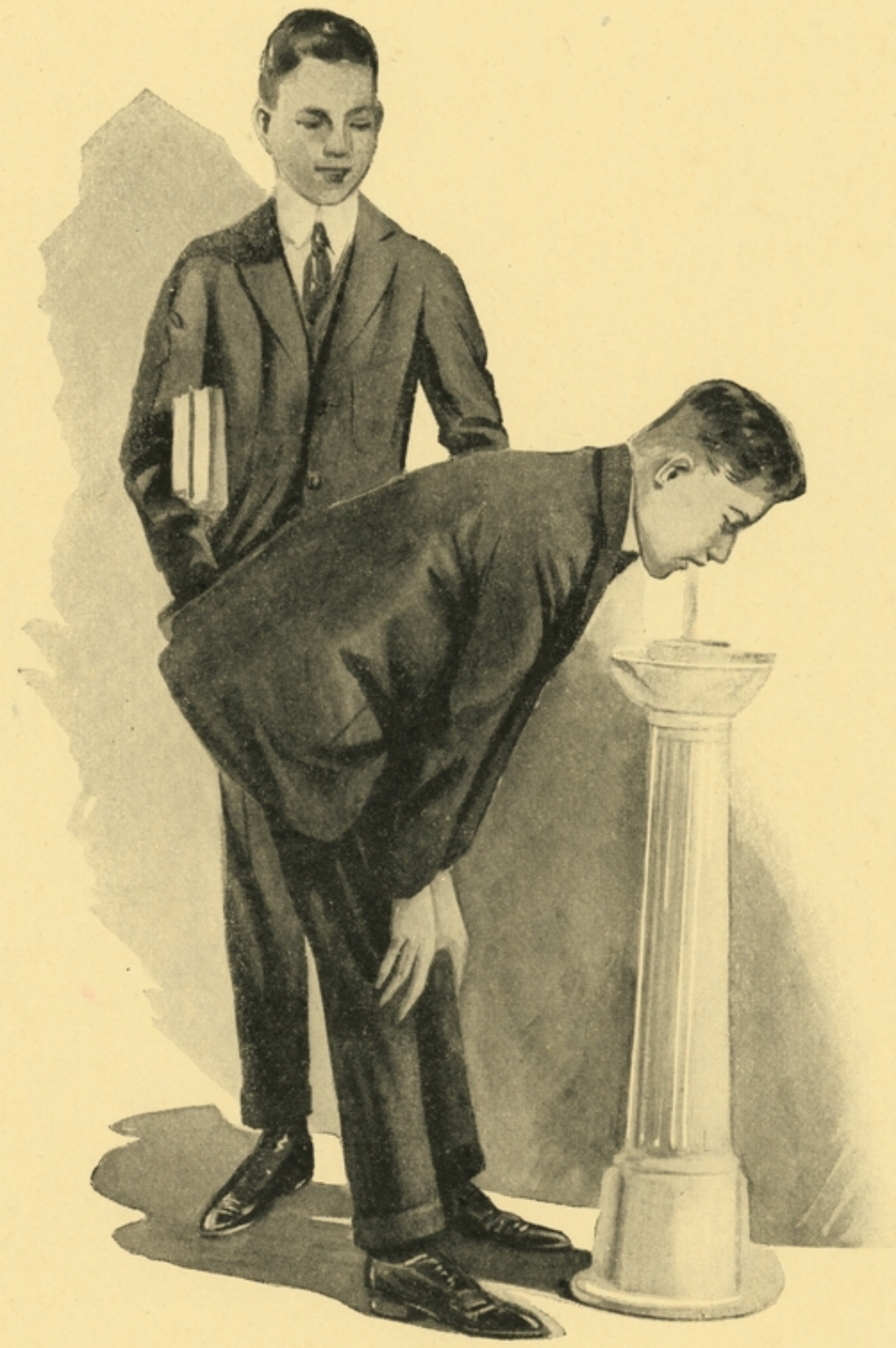
2. Eat slowly and thoroughly masticate (chew) your food

3. Use judgment in amount and choice of foods

4. Drink 6 to 10 glasses of water a day
   Do not drink much water after supper

5. Use your tooth brush at least twice a day—in the morning and at night

Avoid Constipation



1. Drink water freely on arising
2. Be sure that your bowels move at least once each day
3. Make it a habit to sit on the stool the same hour each day
4. Eat laxative foods, such as fruits, fresh vegetables and coarse breads
5. In general, avoid laxative drugs, except under medical supervision

Sleep in the Fresh Air

Air is the first necessity of life. Always practice deep breathing

Sleep with your windows open, or better, sleep out of doors

Turn in at a regular hour. Men need 8 or more hours sleep; boys need 8½ to 9½ hours

Outdoor Life

1. Athletics
2. Abundant outdoor life
3. Wholesome companions
4. Lots of good fun
5. Constant employment
6. Will power

will help a boy break the habit called "self-abuse" (in case he has acquired the habit) and recover from any harm it may have done. This habit does not produce the terrible effects some ignorant people say it does. Most boys who have abused themselves stop before any great harm is done. Self-abuse may, however, seriously hinder a boy's progress toward vigorous manhood. It is a selfish, childish, stupid habit. The strong boy will "cut it out"

A Natural Experience

A new experience comes into the lives of most boys when they become about 15, 16 or 17 years old (like the boys above)

Occasionally (about one to four times a month) a fluid from inside the body is discharged from the sex organ during sleep

This is a natural experience. It is called a seminal emission

Do Not Worry

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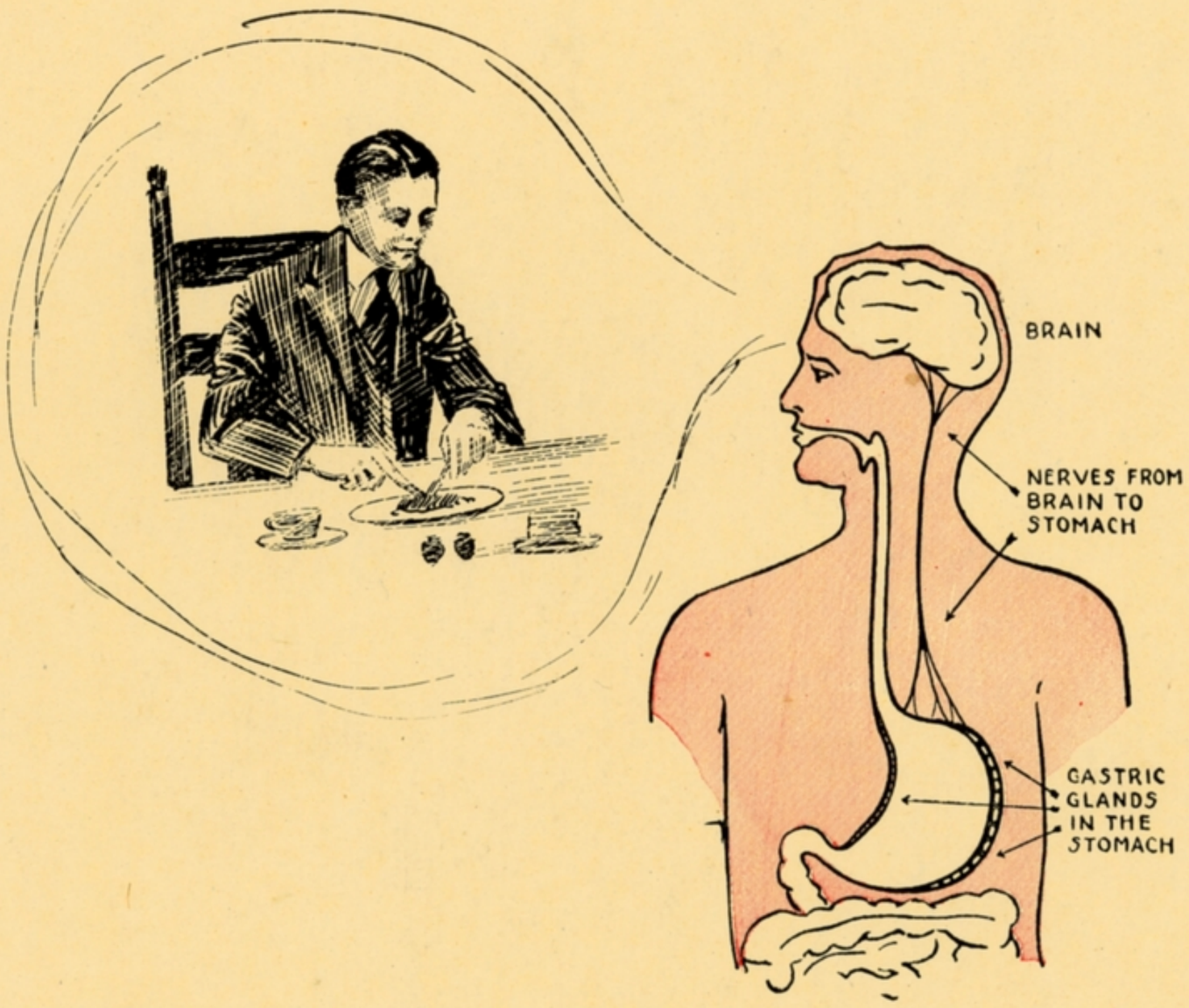
Seminal emissions at night are natural

Most healthy older boys have them

Unless emissions occur very frequently,

no attention need be given to them

How the Mind Affects the Body

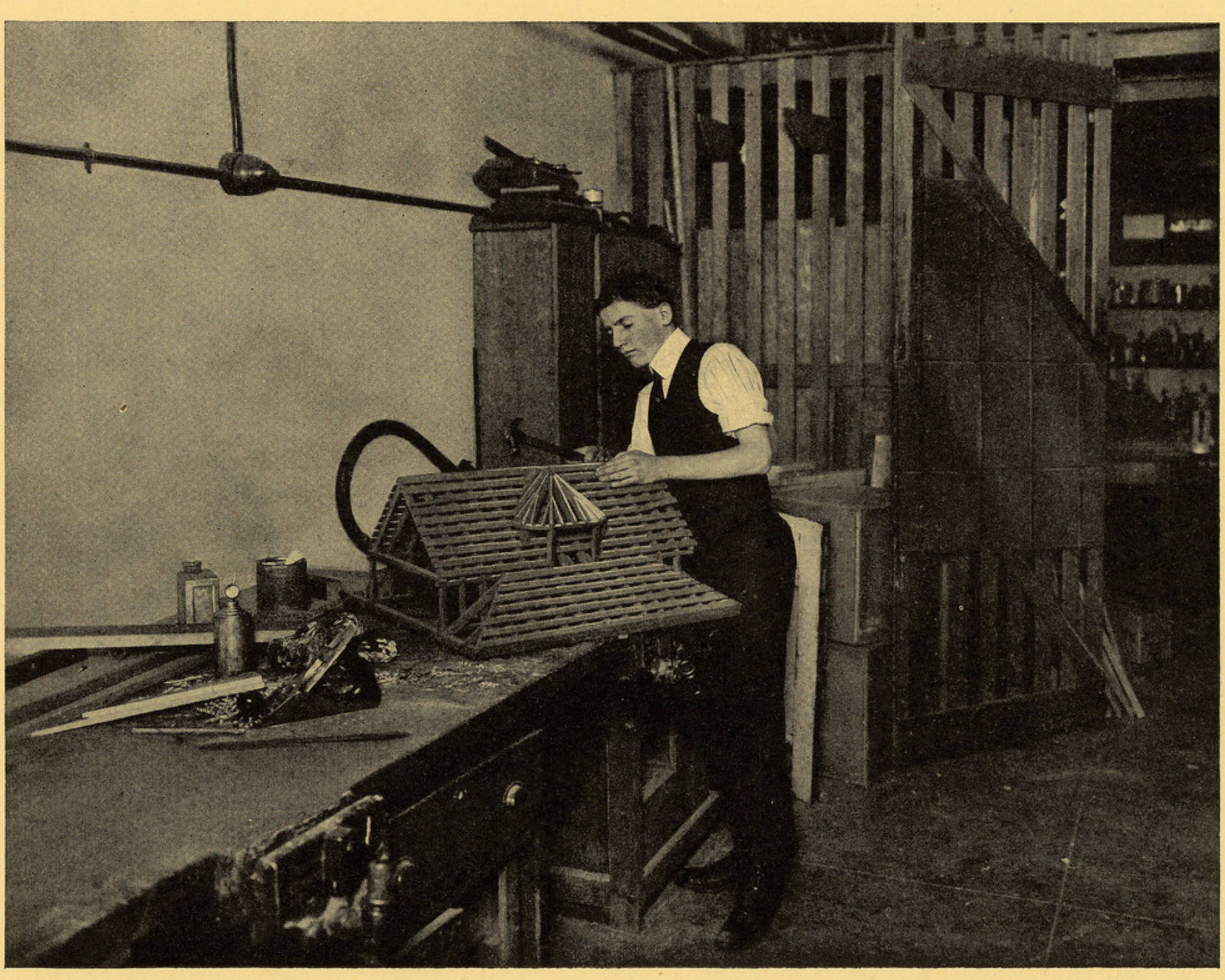


The thought of food when one is hungry causes a secretion to flow from the gastric glands of the stomach

Merely thinking how a lemon tastes will increase the flow of saliva

Sex thoughts cause the blood to flow to the sex organs and so produce excitement. Continued thinking about sex matters is harmful

Use Your Mind Constructively



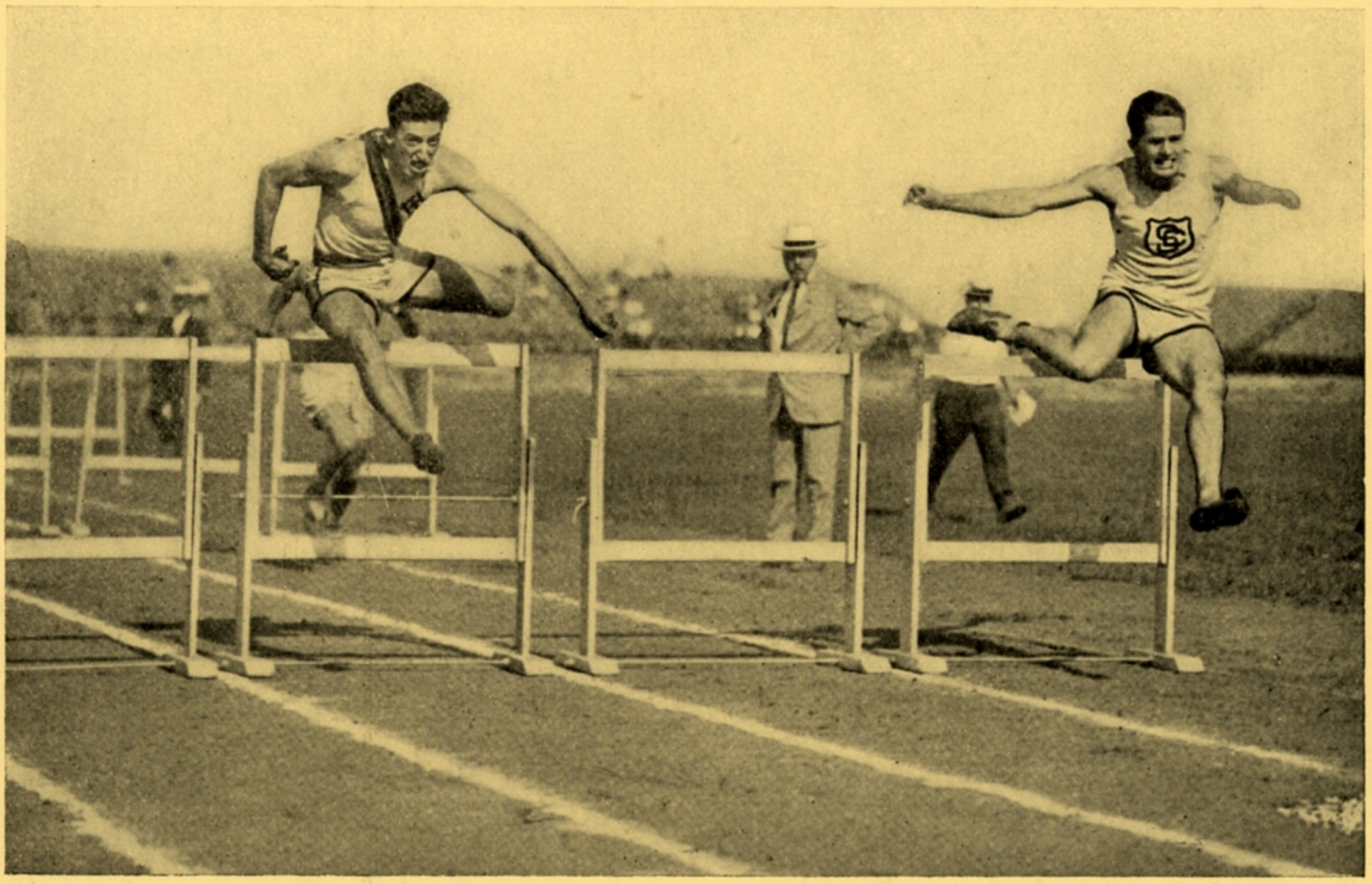
The man or boy absorbed in constructive and interesting work and thoughts has no time to bother with smutty stories

Keep Your Mind Occupied With Good Books

Some good ones are

TREASURE ISLAND - - - - Robert Louis Stevenson
TOM SAWYER - - - - - - - Mark Twain
THE VIRGINIAN - - - - - - - Owen Wister
THE CRISIS - - - - - - - Winston Churchill
THE MAKING OF AN AMERICAN - - - Jacob A. Riis
THE LAST OF THE MOHICANS - J. Fenimore Cooper
THE DOCTOR - - - - - - - Ralph Connor
KIM - - - - - - - - - Rudyard Kipling
POEMS OF ACTION - - - - - David R. Porter
HIGH ADVENTURE - - - - Captain Norman Hall
MEN OF IRON - - - - - - - Howard Pyle
THE LITTLE SHEPHERD OF KINGDOM COME John Fox, Jr.
PROFITABLE VOCATIONS FOR BOYS - Weaver and Byler

The Sex Impulse and Achievement



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The sex instinct in a boy or man makes him want to act, dare, possess, strive

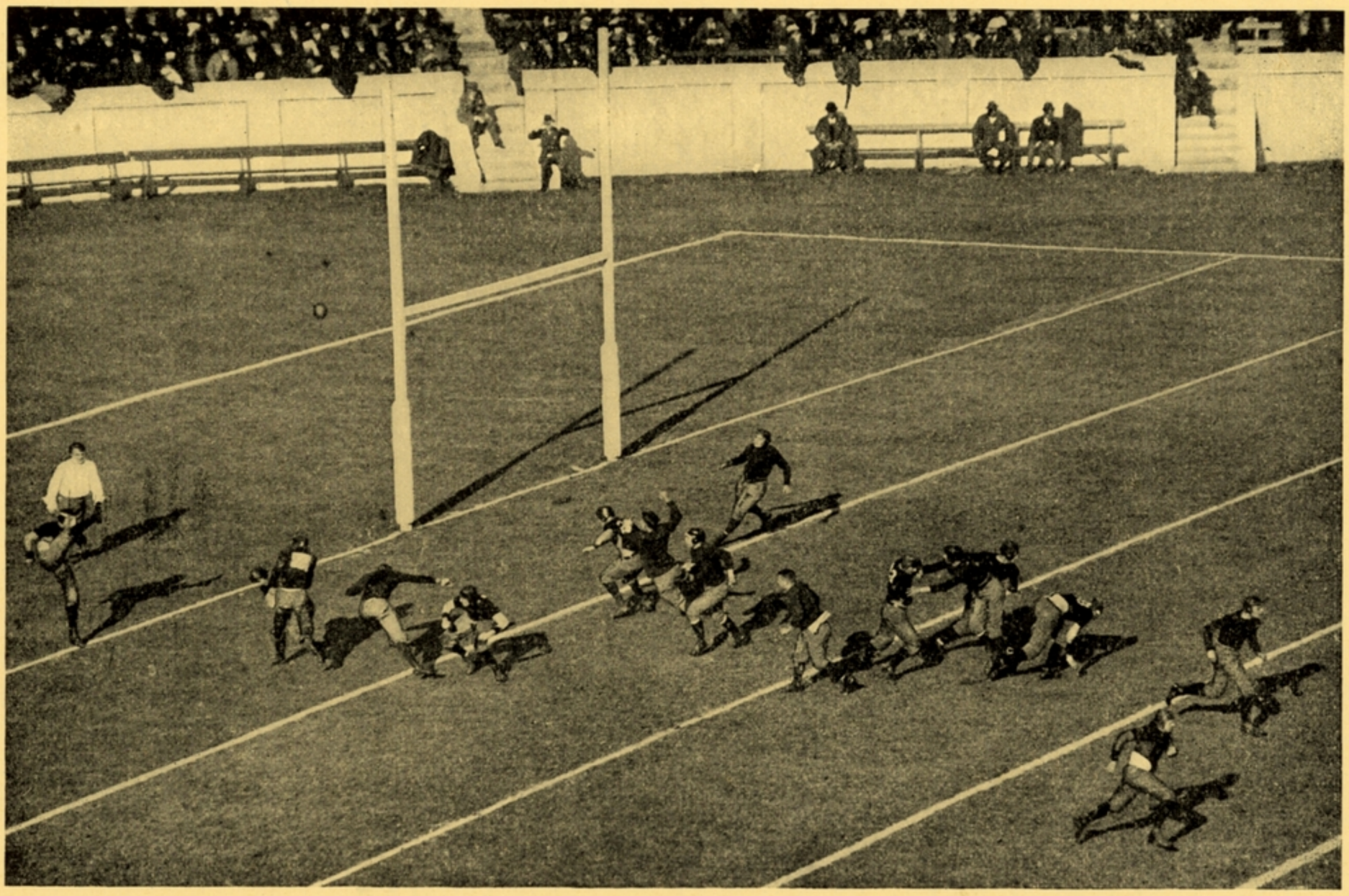
When controlled and directed, it gives

ENERGY, ENDURANCE,
FITNESS

The Spirited Horse and the Sex Impulse

A spirited horse is a great prize. It is a joy to ride him, to feel his strength and boundless energy under one's control

The sex instinct, when directed, is the source of power and of a richer, fuller life



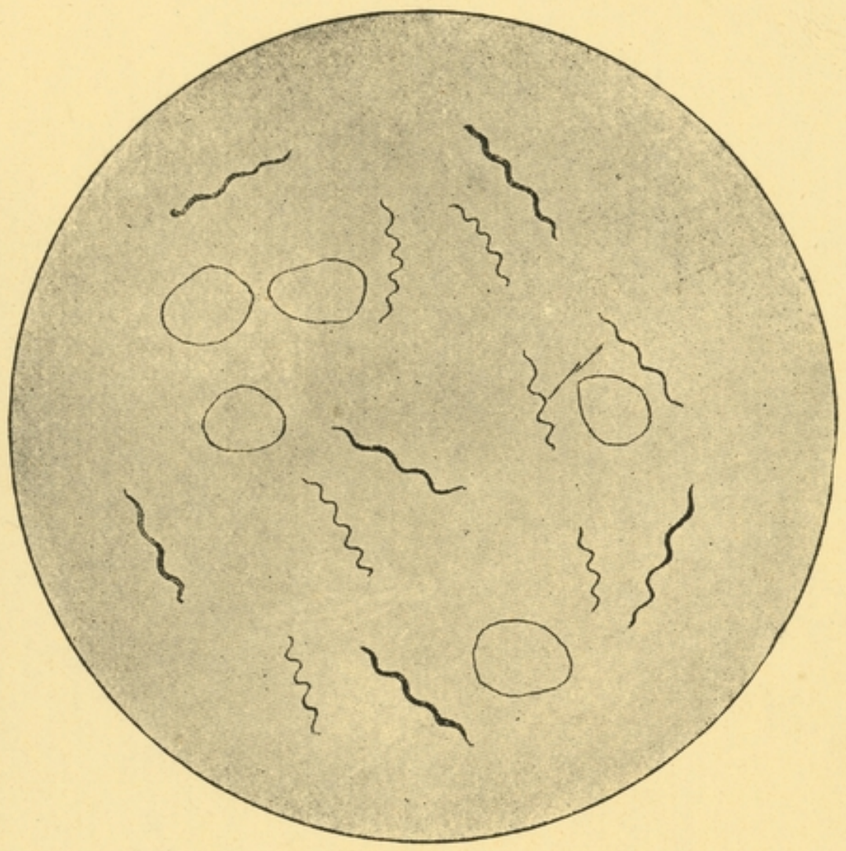
"Sexual intercourse is not necessary to preserve health and manly vigor. The natural sexual impulse can be kept under control by avoiding associations, conversations, and thoughts of a lewd character"

Manual of Military Training (Moss)

Section 1466 Page 522

An aviator must have a sound body, a clear mind, and steady nerve; his control of the machine depends first upon his self-control

Men who fail to develop self-control sometimes yield to sex temptation, indulge in sexual intercourse with immoral girls and become infected with a venereal (sex) disease. The chief venereal diseases are syphilis (pox) and gonorrhea (clap)

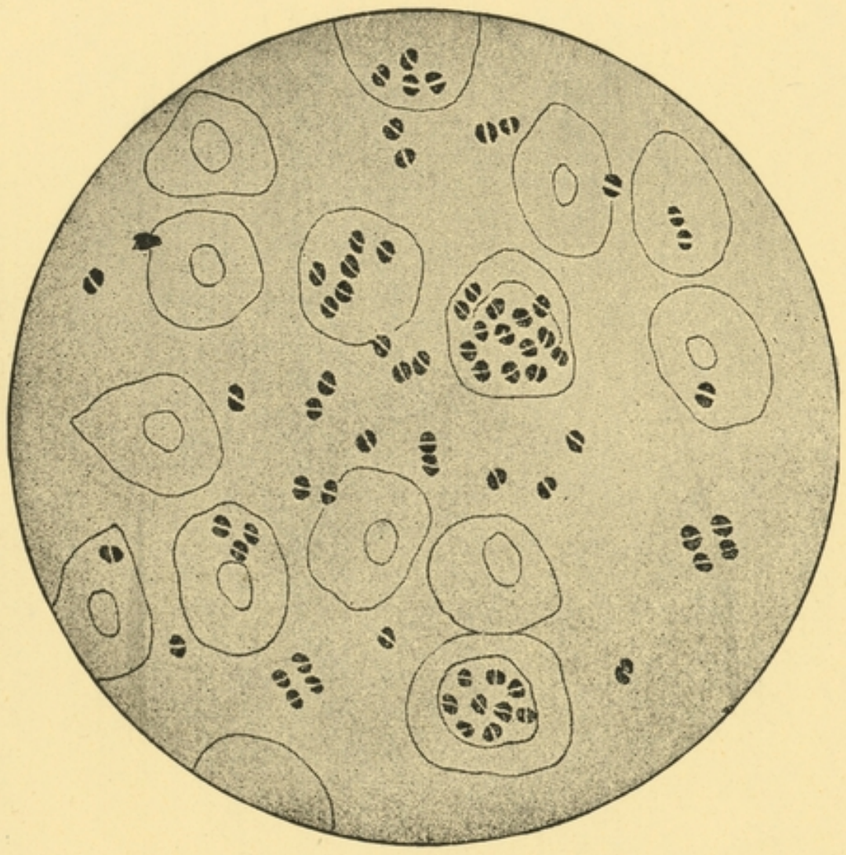


Germs of Syphilis

(The syphilis germs are the spiral-shaped objects seen in the above diagram)

Syphilis may affect any part of the body, including the brain and heart. It often causes paralysis, softening of the brain and death

Syphilis may be cured if treatment is begun early enough and continued long enough



Germs of Gonorrhea

(The gonorrhea germs are the small kidney-shaped objects. They are always found in pairs)

Gonorrhea may cause stricture, bladder disease, rheumatism, heart disease, sterility and other diseases

If the germs of gonorrhea get into the body, they may remain in the deeper parts and, long after an apparent cure, cause a return of the disease

Gonorrhea can be cured if promptly and thoroughly treated, but its cure is often exceedingly difficult

Inherited Syphilis

A man may transmit syphilis to his children

His children's children may pay the penalty of his mistake

Blind Boys

These boys are blind because their mothers had gonorrhea, in most cases contracted from the father

Most of the blindness in children is due to gonorrhea

By Courtesy of St. Nicholas

This girl may become an invalid for life if she marries a man who has had gonorrhea not entirely cured

Gonorrhea Causes

1. Many surgical operations upon women
2. Much invalidism among innocent wives
3. Many childless marriages

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Have you a right to go to the marriage altar demanding honor and purity in the girl you marry, unless you are willing to offer her a clean life?

A syphilitic baby

The man who has contracted gonorrhea or syphilis may bring suffering upon the innocent

When he marries, and the baby comes, it may be defective

Do Not Believe Him

if some "wise guy" tells you that sexual intercourse is not dangerous

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The facts are

A girl who would yield to one man has probably had relations with another. Very likely she is diseased

Most prostitutes (private or public) have either syphilis or gonorrhea or both

Furthermore, there are no antiseptics, prophylactic treatments or other preventives which assure absolute safety

Ignore Fake Advertisements

PRESCRIPTION 1000
Best up-to-date treatment for GONORRHOEA or GLEET
If you do not care to go to a physician for yourself and save TIME and MONEY by using
"PRESCRIPTION 1000"
Not a Patent Medicine
No Pills or Capsules
It is taken internally in teaspoonful doses
Stops discharges in a few days
Especially good for long standing cases
Made only by
Reese Chemical Co.
KNOXIT
PROPHYLACTIC
YOU KNOW
PABST'S
OKAY SPECIFIC
HAS THE REPUTATION OF GIVING
SATISFACTORY RESULTS
NO MATTER WHETHER USED IN
NEW CASES or THOSE of LONG STANDING
It is an internal remedy and will not cause complications.
No other treatment required with this remedy.
Contains nothing injurious to the constitution and can be taken without inconvenience or detention from business.
TAKE IT STRICTLY ACCORDING TO DIRECTIONS AND YOU WILL NOT BE DISAPPOINTED
PRICE, $3.00
The "3 DAYS" Cure
THE ONLY GUARANTEED REMEDY FOR GONORRHOEA AND GLEET
1ST DAY
2ND DAY
3RD DAY
COMBINES INTERNAL AND LOCAL TREATMENT SUITED TO ALL CASES AND CAN NEVER DO HARM
PRICE ONE DOLLAR

"Ads" in newspapers, booklets and tin signs are put out by "quacks" to get money from ignorant boys and men

Patent medicines and quick cures for syphilis and gonorrhea generally do more harm than good

Don't let "quack" companies scare you by their talk about "pimples," "vital losses," etc. They are after your money

Don't worry. Lead an active, healthy life and forget about sex matters

The youth who achieves self-control can go joyfully and clean into marriage with the one girl he is willing to wait for, and become a husband and father without the danger of causing suffering to wife and child

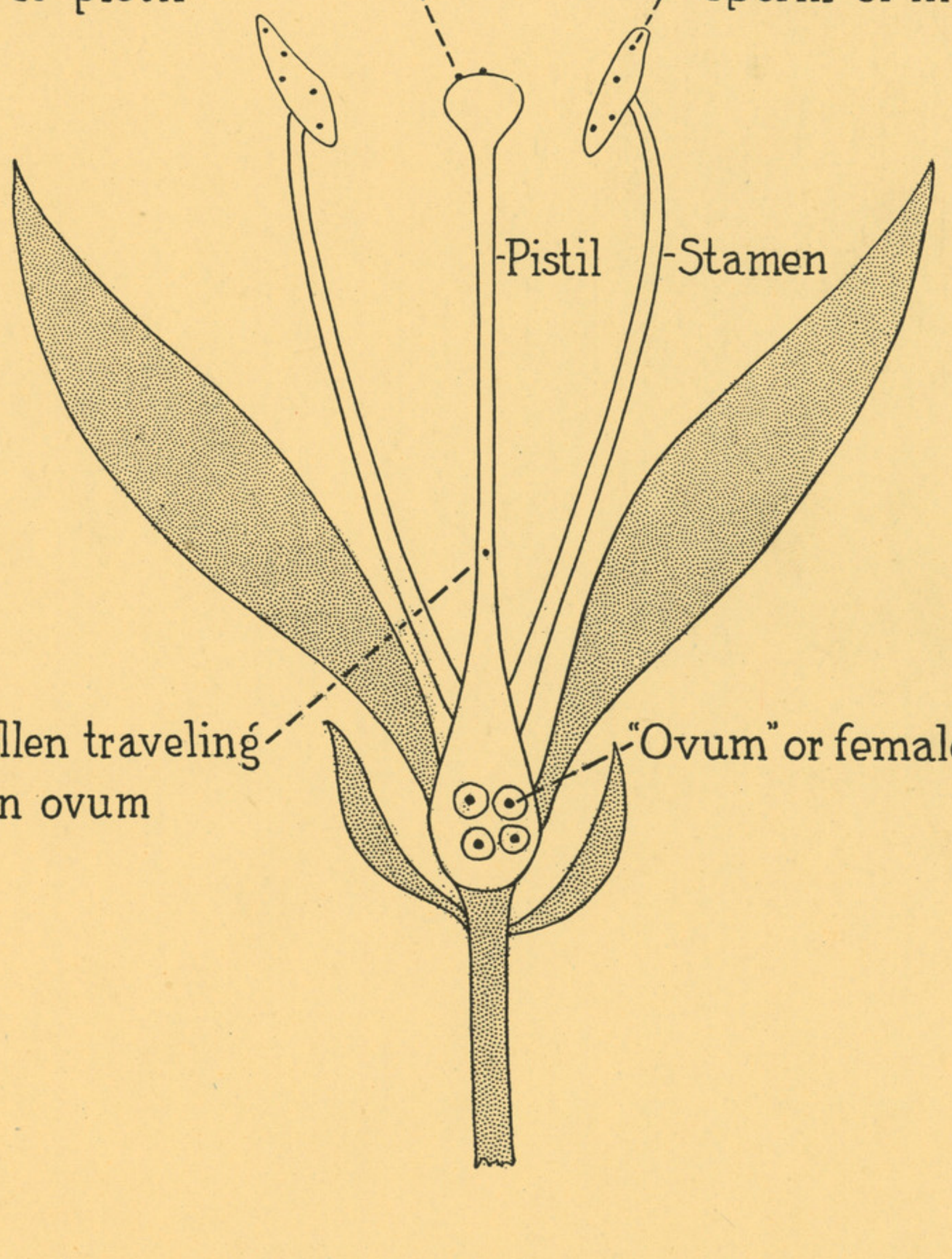
In the country, multitudinous kinds of life abound

All life is passed on from generation to generation by means of reproduction

It is reproduction that keeps alive the world of plants, of animals, and of men

A plant or animal that does not reproduce itself becomes extinct. If wheat and similar plants did not reproduce the world would starve

Reproduction in the Plant


Pollen carried from another flower by a bee to the top of pistil
Pollen containing a "sperm" or male cell
Pistil
Stamen
Sperm cell from pollen traveling through pistil to an ovum
"Ovum" or female cell

The parts of the flower are
the sex organs of the plant

Reproduction in the Salmon

Copyright, Detroit Photographic Co.

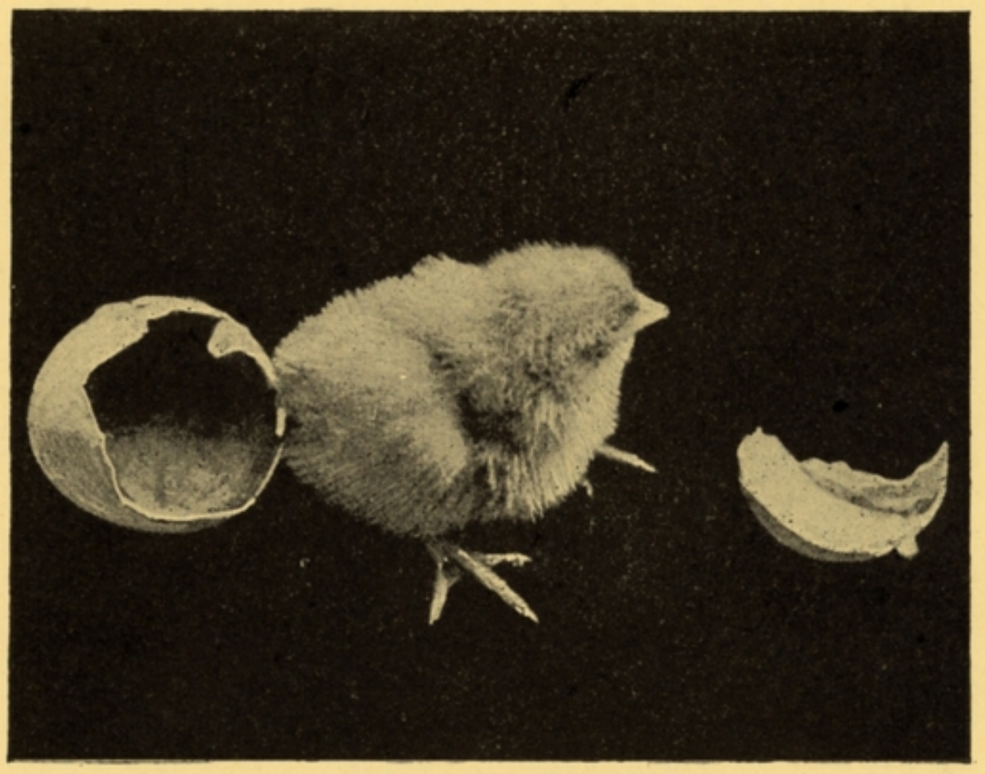
The mother salmon after making a "nest" in the bed of a stream lays many eggs. The male salmon spreads milt, containing male cells, over the eggs. The male cells "fertilize" the eggs. Then very slowly they develop into young salmon

Reproduction in the Chick

The developing chick looks like this 52 hours after the hen has begun to set

Nine days later, the new chick is growing and consuming the white and yellow of the egg.

The chick, now ready to live outside, breaks its way out of the shell



and steps forth a well-formed chick

Courtesy of Katherine F. Carter
New York City

A chick can hatch only from an egg that has been fertilized inside the hen's body by the male cell, or sperm, from the rooster

The fertilized egg, when placed under the body of a hen, hatches into a chick within twenty-one days

Reproduction in the Rabbit

From "The Way Life Begins." Copyright, 1917, American Social Hygiene Association

In mammals (the rabbit, cow, horse, and man) the young grow from an egg while it is still inside the mother's body, instead of outside as in the chick

This egg (called the ovum) is fertilized by the sperm (male cell) from the male animal

As the egg grows into the young animal within the mother's body, it is fed by the blood of the mother

After birth, the baby animal is fed with milk secreted by glands on the mother's body

Human Reproduction

The human baby also develops within the body of the mother. The ovum, or egg cell, within the mother is fertilized by the male cell, or sperm, which comes from the father

The fertilized egg cell develops within the body of the mother for about nine months, and then the child is born

Without the reproductive, or sex organs, the boy could not become a father

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Although man and many other animals reproduce their kind in much the same way, man differs from other animals in the way he treats his offspring. The human father and mother form a union called the family, and patiently rear their children through long years of infancy

Within the family the finest feelings of the race—comradeship, courage, loyalty, unselfishness, love—are developed

Somewhere the girl who may become your wife is keeping pure

Will you take to her a life equally clean?

By Courtesy of St. Nicholas

Treat every girl as you would like to have another man or boy treat your sister, girl friend or sweetheart

Your mother has been unselfish
and devoted to you

Will you be worthy of her?

The chivalrous youth protects the
honor of all women and girls

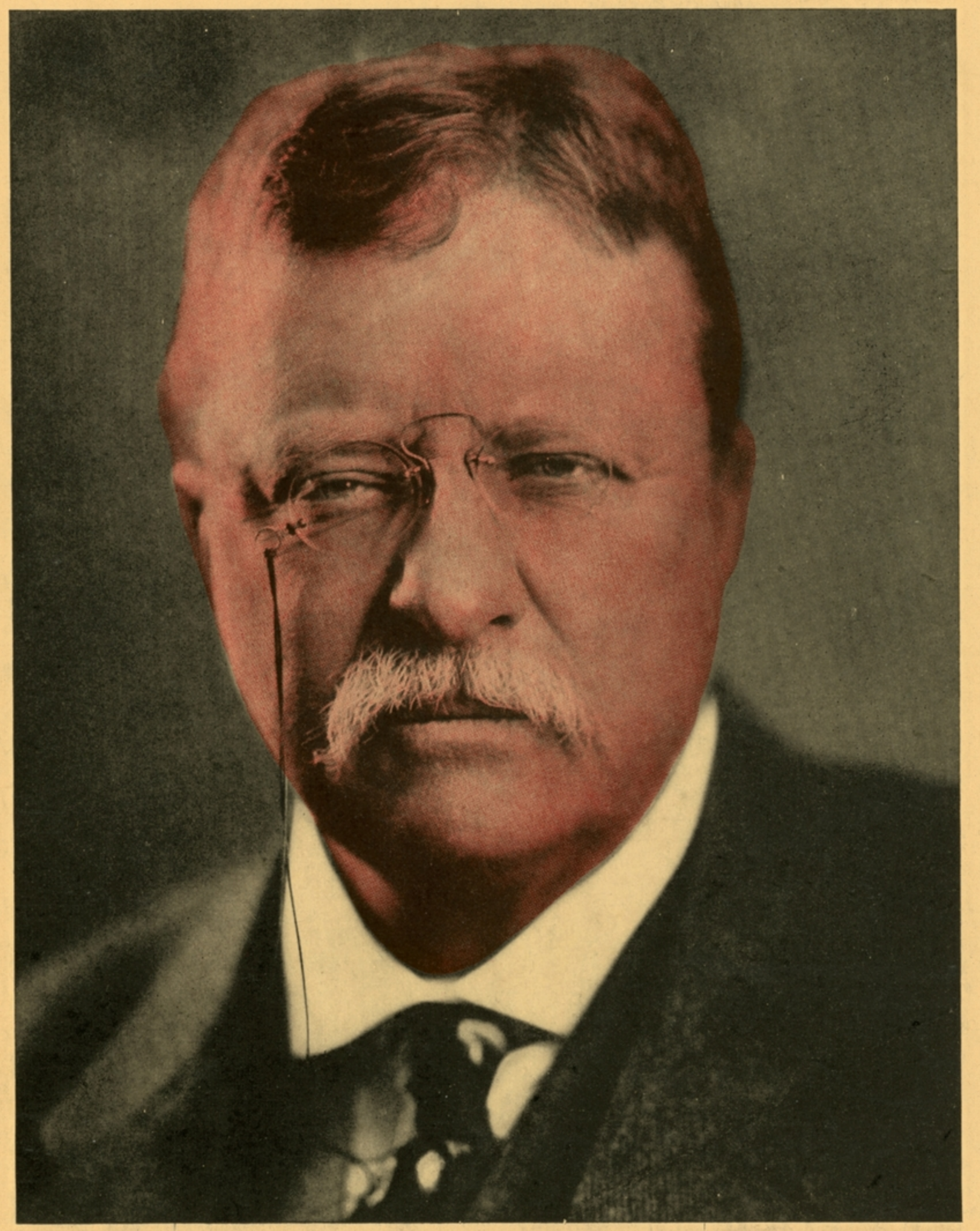
Every child has the right to be well born

Will you give your children healthy bodies and a fair start in life?

Robert Falcon Scott

England's South Pole Hero

With brave companions he struggled thru snow, ice, and storm 923 miles to the pole



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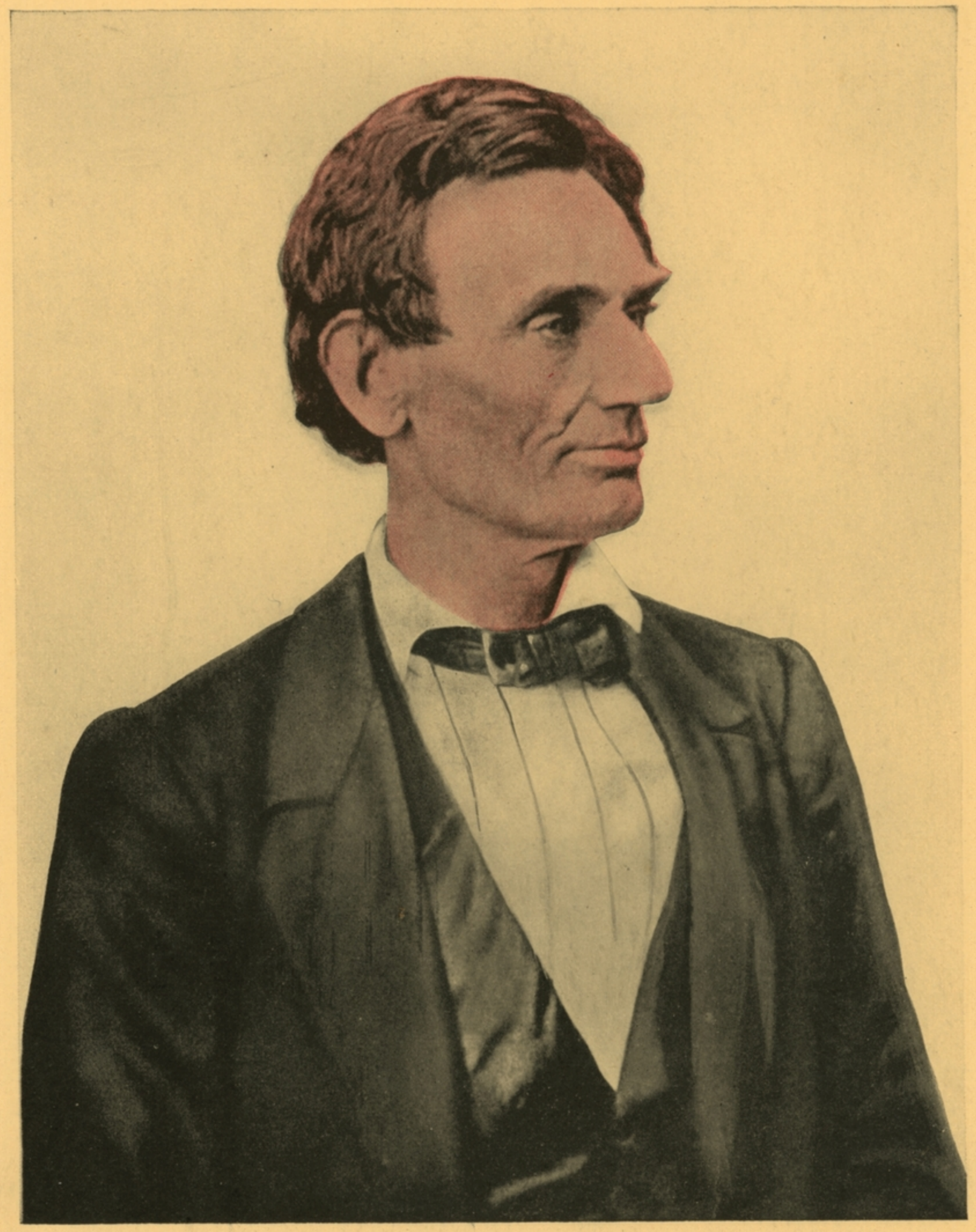
Sickly and frail when a boy, Roosevelt by faithful training achieved the vigor of manhood



Abraham Lincoln

was prepared for the great service he rendered because he kept himself fit in body and mind